

PARENTING UNDER STRESS

AN INFORMATIONAL COURSE FOR CAREGIVERS

The primary goal of this parenting program is to provide information to caregivers on the effects of childhood exposure to domestic violence. The program emphasizes the importance of a strong bond between parent/caregiver and child in helping to heal trauma. The program is centered on the client's needs and uses a variety of teaching methods in a supportive environment that facilitates active healing and growth.



PROGRAM OUTLINE:

10 weekly sessions

1-hour session increments

Sessions include discussion, videos, and worksheets

TOPICS INCLUDE:

- Effects of domestic violence on children
- Roles children assume in families with domestic violence
- Engaging children in a discussion of what they witnessed
- Parent/caregiver self-reflection
- Parent/caregiver trauma
- Discipline and punishment
- Rewards and consequences
- Child development
- Conflict resolution
- Handling anger as a parent/caregiver
- The child's sense of self
- Age-appropriate expectations
- Emotional validation
- Time-out alternatives
- The parent/caregiver-child connection

FREEDOM
 **HOUSE**

Domestic & Sexual Violence Services